

From the Counseling Corner



Middle School Matters: Academic Success & Goal Setting

Dear Parents and Guardians,

Can you believe we are finishing up week 12 of school? Now is a great time to reflect on your student's progress and help them finish strong! Middle school is a key period for developing independence, organization, and self-motivation — skills that will serve students for years to come. Below are a few tips and strategies to help your child stay focused and set meaningful goals.

Reflect on Progress	Set SMART Goals
<p>Encourage your child to look back at what they've accomplished this semester. Ask:</p> <ul style="list-style-type: none">• What are you proud of?• What challenges did you face?• What did you learn about yourself as a student?	<p>Help your child set goals that are Specific, Measurable, Achievable, Relevant, and Time-bound.</p> <p>Example: "I will raise my science grade from a C to a B by completing all homework and attending after school homework help twice a week."</p>



End-of-Semester Success Tips

Stay Organized

Use a planner or digital calendar to track assignments, due dates, and test schedules. Color coding by subject can help make it fun and visual. Google Classroom has a very helpful assignment calendar!

Prioritize Study Time

Encourage your child to start reviewing now rather than cramming later. Studying a little bit each day improves retention and reduces stress.

Communicate with Teachers

If your child is struggling or missing assignments, check on PowerSchool and Google

Classroom. Teachers are eager to support students before grades close.

Rest & Routine Matter

As projects and tests pile up, students often sacrifice sleep. A consistent bedtime and screen-free wind-down time make a big difference in focus and mood.

Encouragement Goes a Long Way!

↙ Middle schoolers are still learning how to manage time and motivation. Celebrate small wins — improved organization, completed homework streaks, or positive attitude changes. Your encouragement helps them see that effort leads to success.

Write It Down & Check In

Have your child post their goals somewhere visible — on a planner, the fridge, or inside their binder. Regular check-ins can help keep them accountable and encouraged.

Academic Requirements for Promotion and after-school activities

To participate in **Athletics, Promotion**, and additional **school activities** Mitchell has published minimum academic and attendance requirements. Please see pages 21 & 22 for more information.

Student Handbook - W.E. Mitchell Middle School

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